

Grilled Vegetables

Rating: ★★½

Makes: 6 servings

Ingredients

- 2 **tablespoons** vegetable oil
- 2 garlic clove (finely chopped)
- 3 sweet potatoes (cut into 1-inch slices)
- 3 corn cobs (cut into 2-inch sections)
- 1 eggplant (cut into 1/2-inch slices)
- 12 green onion (trimmed)

Directions

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.
3. Place vegetables on platter. Serve.

Centers for Disease Control and Prevention, More Matters Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	36 g	12%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	45 mg	2%